Walking Works Challenge

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Spring has sprung just in time as WKU launches a wellness program to get people moving.

In this week’s View from the Hill, Amy Bingham finds out how the campus community is stepping up to the challenge.

For many, the key to following on an exercise plan is having a way to be accountable. That’s the idea behind an on-line tool where teams or individuals at WKU can walk right into a healthier lifestyle.

The spring challenge is called walking works and it really does---just ask Julie Ransdell.

 “Walking does work, all you have to do is get out and walk, you don’t have to run, don’t have to have special equipment, just nice shoes, walk as long as you want or make it as quick as you want.”

WKU’s First lady can be seen walking her dogs three miles nearly every morning on campus.

 “The students do get to know me for the dogs and most of them know the dogs name before they know my name.”

 “Julie and I are gonna head out and …”

It seemed like a natural fit to have the Ransdell’s and their dogs lead the kick-off walk, dogs from the Bowling Green Warren County Humane Society were asked to take part as well.

 “Hopefully people will walk a shelter dog or one of their own and learn more about the needs of the Humane Society.”

Not everyone was walking a hound to lose a pound, Dusteen Knotts and her co-workers are taking on the challenge as a group.

 “We call ourselves the West wingers over in Gary Ransdell Hall.”

 “It’s just trying to develop a habit which takes accountability partners so we’re just trying to hold each other a little bit accountable, have you walked today?”

An on-line tool allows participants to track their progress and every step is a victory.

 “The goal of the program is to increase awareness of physical activity and get more employees engaged in health improvement activities.”

The Walking Works Challenge runs through April 29th. The winning team as well as top three individuals will receive a prize from the Preston Center Health and Fitness Lab.

By the way, at least one of the animals is being adopted as a result of participating in the walk.

With this week’s View from the Hill, I’m Amy Bingham.

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